

Coordinated School Health Curriculum

Kidz for Life Curriculum

Description: Kidz for Life is an Arizona company that offers cross-curricular comprehensive health guides that exceed Arizona State Standards and that are designed for use by teachers K - 8th seeking to integrate health education into their daily activities and annual teaching plans.

The curriculum is *custom-tailored* to your school. We provide interactive and valuable lessons and training on basic health, nutrition, menu planning, label reading, exercise and physical fitness, self-esteem, conflict resolution, communication, hygiene, safety, environment, and self-improvement. In a school setting, *ALL* of the Kidz for Life lesson plans, resources, AZ State Standards, and assessments are included in the program.

Our mission is to empower today's youth to be healthy, happy and successful in all areas of their life through a complete understanding of themselves. We offer additional services that will impact the entire community solidifying our mission and creating a healthier tomorrow.

For more information view: www.kidzforlife.com or call Cary Bailen 602 751-0012.

The Great Body Shop

Description: The Great Body Shop is a nationally recognized comprehensive health and substance abuse prevention program used by preschool, elementary and middle schools. It provides a fully articulated cross-curricular approach for school districts that require additional concentration in one or more of the following specific areas:

- ✓ Substance Abuse Prevention
- ✓ Social and Emotional Health
- ✓ Character Education
- ✓ Violence Prevention (including bullying)
- ✓ Critical Thinking
- ✓ Asset Building
- ✓ Reading, Communication, Technology and other Learning Skills

For more information view: <http://www.thegreatbodyshop.net/>

CATCH Curriculum

Description: The Coordinated Approach To Child Health (CATCH) Program exists for the primary purpose of creating healthy children and healthy school environments.

CATCH is a coordinated school health program which builds an alliance of parents, teachers, child nutrition personnel, school staff, and community partners to teach children and their families how to be healthy for a lifetime. The four CATCH components - [Go For Health](#) Classroom Curriculum, [CATCH Physical Education](#), [Eat Smart](#) School Nutrition Guide, and family [Home Team](#) activities - reinforce positive healthy behaviors throughout a child's day and make it clear that good health and learning go hand in hand.

For more information view: <http://www.sph.uth.tmc.edu/catch/>

Operation Tone Up – Radio Disney and Cigna Healthcare, Grades 3-6

Description: Operation Tone Up teaches the fundamentals of the top six nutrients while emphasizing the proper techniques of basic exercise. The program's easy-to-follow workbook has been motivating kids and families across the country to develop healthy lifestyle habits.

The workbook (created in both English and Spanish) depicts the Tone-Up Team as fictional characters designed to illustrate how various nutrients affect the body. It presents the Program Mission: to prevent unhealthy eating and exercise habits from becoming a part of their lives, which Mr. Tone, the team leader, reinforces during visits to participating schools. The fact that students don't just learn about health, but set personal goals and live it through weekly nutrition and exercise assignments is what sets this program apart from others

For more information view: www.operationtoneup.com

Dairy Council Curriculum

Description: A variety of nutrition education curriculum for a range of age and grades.

For more information view:

<http://www.nationaldairycouncil.org/NationalDairyCouncil/Health/Materials/MoreFreeEducationMaterials.htm>

Planet Health:

Description: Planet Health is an interdisciplinary curriculum focused on improving the health and well-being of sixth through eighth grade students while building and reinforcing skills in language, arts, math, science, social studies, and physical education.

Through classroom and physical education (PE) activities, **Planet Health** aims to increase activity, improve dietary quality, and decrease inactivity. Such healthy lifestyle habits can help prevent overweight, and if sustained, can lower risk factors for diabetes, cardiovascular disease, certain types of cancers, and osteoporosis.

For more information view: Harvard Prevention Research Center on Nutrition and Physical Activity. http://www.hsph.harvard.edu/prc/proj_planet.html or <http://www.humankinetics.com/products/showproduct.cfm?isbn=0736031057>

VERB media campaign

Description: **VERB™** *It's what you do.* is a national, multicultural, social marketing campaign* coordinated by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC).

The VERB campaign encourages young people ages 9–13 (tweens) years to be physically active every day. The campaign combines paid advertising, marketing strategies, and partnership efforts to reach the distinct audiences of tweens and adults/influencers

For more information view: <http://www.cdc.gov/youthcampaign/>

Eat Well & Keep Moving

Description: *Eat Well & Keep Moving* is an interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits in upper elementary school students. The book focuses on classroom lessons, but it can also be used to reinforce healthy practices in the cafeteria, gymnasium, home, and community.

This interdisciplinary, skill-building approach to motivating upper elementary students to eat better and stay active began as a joint research project between the Harvard School of Public Health and Baltimore Public Schools. It was proven successful in extensive field tests among students and teachers: children ate more fruits and vegetables, reduced their intake of saturated and total fats, watched less TV, and improved their knowledge of nutrition and physical activity.

For more information view:

<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736030964>

Know Your Body (KYB) School Health Promotion Program

Description: The Know Your Body (KYB) School Health Promotion Program consists of five basic components: (1) skills-based health education curriculum, (2) teacher/coordinator training, (3) biomedical screening, (4) extracurricular activities, and (5) program evaluation.

The curriculum and the teacher/coordinator training are considered the "core" components of the program, while the others are considered optional components or "enhancements." While implementation of the full KYB program is recommended, the program may be effectively implemented without the additional components. The American Health Foundation will assist schools to customize a program which best suits their needs, goals, philosophies, and capacities.

KYB curriculum materials include: Age-appropriate teacher's guides (grades K-6), student master sheets (grades K-3); student activity books (grades 4-6); a class Big Book (grade 1); and puppet sets (grades K-3). A comprehensive user's guide (Coordinator's Guide) is also available which provides detailed instructions for implementing all of KYB's program components.

For more information view: <http://www.ed.gov/pubs/EPTW/eptw9/eptw9d.html>

Team Nutrition

Description: Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The website has a variety of resources for curriculum and nutrition education.

For more information view: <http://www.fns.usda.gov/tn/Resources/index.htm>

SLIC Secondary Level Interdisciplinary Curriculum

Description: SLIC is a nutrition curriculum comprised of five multidisciplinary thematic units that can be taught in ninth- through twelfth-grade classes in American history, algebra/pre-algebra, consumer math, English, business education, biology, chemistry, environmental science, family and consumer sciences, and health. The five units are titled: "Special Concerns in Nutrition," "Alternative Eating," "Disordered Eating," "Physical Activity," and "Food Safety."

For more information: http://www.actionforhealthykids.org/resources_profile.php?id=258

Other Resources for Creating Healthy School Environments

The Power of Choice

Description: The Power of Choice was developed by HHS' Food and Drug Administration and USDA's Food and Nutrition Service. It is intended for after-school program leaders working with young adolescents. Everything you need to know is in the Leaders' Guide, including most activity materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. The publication contains 10 interactive sessions based on four posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards. The CD contains additional activities, tips for improved communication with adolescents, a training video for the adult leaders, and a song for pre-teens.

For more information view: http://www.fns.usda.gov/tn/Resources/power_of_choice.html

Making It Happen

Description: *Making It Happen! School Nutrition Success Stories* shares stories from 32 schools and school districts that have made innovative changes to improve the nutritional quality of all foods and beverages offered and sold on school campuses. These success stories illustrate the wide variety of approaches used to improve student nutrition. The most consistent theme emerging from these case studies is that students will buy and consume healthful foods and beverages, and schools can make money from healthful options. *Making It Happen!* includes a variety of materials developed by some of the schools and contact information for each story

For more information view: <http://www.fns.usda.gov/tn/Resources/makingithappen.html>

Changing the Scene

Description: *Changing the Scene - Improving the School Nutrition Environment* is a tool kit that addresses the entire school nutrition environment from a commitment to nutrition and physical activity, pleasant eating experiences, quality school meals, other healthy food options, nutrition education and marketing the issue to the public. This kit can help local people take action to improve their school's nutrition environment. The kit includes a variety of tools for use at the

local level to raise awareness and address school environment issues that influence students' eating and physical activity practices. FNS developed the kit with input from 16 education, nutrition and health organizations. These groups and their logos are listed on the kit as collaborators.

For more information view: <http://www.fns.usda.gov/tn/Resources/changing.html>